

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01144, Egg substitute, powder

Report Date: December 09, 2015 17:44 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor: 4.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	0.35 oz 9.9g	0.7 oz 20g
Proximates						
Water	g	3.86	1	--	0.38	0.77
Energy	kcal	444	--	--	44	89
Energy	kJ	1856	--	--	184	371
Protein	g	55.50	1	--	5.49	11.10
Total lipid (fat)	g	13.00	1	--	1.29	2.60
Ash	g	5.84	1	--	0.58	1.17
Carbohydrate, by difference	g	21.80	--	--	2.16	4.36
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	21.80	--	--	2.16	4.36
Minerals						
Calcium, Ca	mg	326	1	--	32	65
Iron, Fe	mg	3.16	1	--	0.31	0.63
Magnesium, Mg	mg	65	--	--	6	13
Phosphorus, P	mg	478	1	--	47	96
Potassium, K	mg	744	1	--	74	149
Sodium, Na	mg	800	1	--	79	160
Zinc, Zn	mg	1.82	--	--	0.18	0.36
Copper, Cu	mg	0.207	--	--	0.020	0.041
Manganese, Mn	mg	0.080	--	--	0.008	0.016
Selenium, Se	µg	127.7	--	--	12.6	25.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.8	1	--	0.1	0.2
Thiamin	mg	0.226	1	--	0.022	0.045

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.35 oz 9.9g	0.7 oz 20g
Riboflavin	mg	1.760	1	--	0.174	0.352
Niacin	mg	0.577	1	--	0.057	0.115
Pantothenic acid	mg	3.384	--	--	0.335	0.677
Vitamin B-6	mg	0.143	--	--	0.014	0.029
Folate, total	µg	125	--	--	12	25
Folic acid	µg	0	--	--	0	0
Folate, food	µg	125	--	--	12	25
Folate, DFE	µg	125	--	--	12	25
Choline, total	mg	117.6	--	--	11.6	23.5
Vitamin B-12	µg	3.52	--	--	0.35	0.70
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	369	--	--	37	74
Retinol	µg	369	--	--	37	74
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	1230	--	--	122	246
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	1.26	--	--	0.12	0.25
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.4	--	--	0.0	0.1
Lipids						
Fatty acids, total saturated	g	3.766	--	--	0.373	0.753
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.065	1	--	0.006	0.013
16:0	g	2.687	1	--	0.266	0.537

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.35 oz 9.9g	0.7 oz 20g
18:0	g	0.993	1	--	0.098	0.199
Fatty acids, total monounsaturated	g	5.341	--	--	0.529	1.068
16:1 undifferentiated	g	0.496	1	--	0.049	0.099
18:1 undifferentiated	g	4.845	1	--	0.480	0.969
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.683	--	--	0.167	0.337
18:2 undifferentiated	g	1.413	1	--	0.140	0.283
18:3 undifferentiated	g	0.086	1	--	0.009	0.017
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.109	--	--	0.011	0.022
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	572	1	--	57	114
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0